Don't Delay! Act Now!

MCCS Semper Fit Health Promotion
Employee Wellness Program Brief
January 2010

Don’t Delay! Act Now!

- You: Now and Improved!
- S.M.A.R.T. Goal Model
- This Offer *Will* Last!
- All This For Just Minutes a Day!
- Guarantee Your Own Success!
- Handouts & Resource
- Points of Contact

You: Now and Improved!

- Where are you now?
  - Stages of Change
  - Accepting Reality
- Where are you heading?
  - Build Trust Slowly
  - Set S.M.A.R.T. Goals

S.M.A.R.T. Goal Model

- Specific:
  - Goal is concrete and well-defined
- Measurable:
  - Results can be tracked
- Attainable:
  - Results can be achieved in a specific timeframe
- Realistic:
  - Resources are available to implement the desired change in the present
- Timely:
  - A specific deadline is set

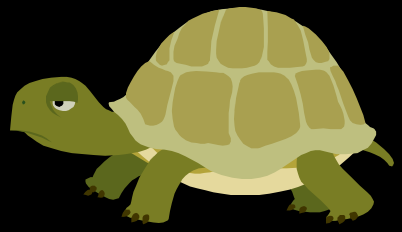
This Offer *Will* Last!

- Change is Inevitable
- Every Minute is a New Opportunity
- Activities that Regenerate & Renew:
  - Exercising (Body)
  - Learning a New Skill (Mind)
  - Playing (Spirit)

All This For Just Minutes a Day!

- Actions Speak Louder than Words
- Small Steps = Big Results
- Slow and Steady Wins the Race

  (Aesop's Fable ~ *The Tortoise & The Hare*)



Guarantee Your Own Success!

- Write it Down
- Get Support
- Take Action Every Day

Handouts & Resou

- Handouts:
  - Stages of Change
  - S.M.A.R.T. Goal Model
  - My S.M.A.R.T. Goal
  - *The Tortoise & The Hare* *(Aesop's Fable)*
  - "Fitness At Any Age" *(Source: MedicineNet.com)*
- Resource:
  - Military OneSource (www.militaryonesource.com)

Points of Contact

MARFORRES - Marine Corps Community Services
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2000 Opelousas Avenue, New Orleans, LA 70146
(504) 697-9768 (Fax)
http://www.marines.mil/unit/marforres/MFRHQ/MCCS/SemperFit/Health.aspx

http://www.facebook.com/pages/New-Orleans-LA/MCCSSEMPER-FIT-MARFORRES/126284770729139

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